

Grains/Breads Chart for the CACFP^{1,2}

The serving size for children ages 1-5 is ½

The serving size for children ages 6-12 is 1

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow Mein noodles • Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing 	<p>1 serving = 20 gm or 0.7 oz</p> <p>½ serving = 10 gm or 0.4 oz</p>
Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	<p>1 serving = 25 gm or 0.9 oz</p> <p>½ serving = 13 gm or 0.5 oz</p>
Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cookies³ (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, fruit turnovers⁴ and meat/meat alternate pies) • Waffles 	<p>1 serving = 31 gm or 1.1 oz</p> <p>½ serving = 16 gm or 0.6 oz</p>

¹The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

²Some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

⁴Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

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Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Granola bars⁴ (plain) • Muffins (all, except corn) • Sweet rolls⁴ (unfrosted) • Toaster pastries⁴ (unfrosted) 	<p>1 serving = 50 gm or 1.8 oz</p> <p>½ serving = 25 gm or 0.9 oz</p>
Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars⁴ • Granola bars⁴ (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls⁴ (frosted) • Toaster pastries⁴ (frosted) 	<p>1 serving = 63 gm or 2.2 oz</p> <p>½ serving = 31 gm or 1.1 oz</p>
Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	<p>1 serving = 75 gm or 2.7 oz</p> <p>½ serving = 38 gm or 1.3 oz</p>
Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) 	<p>1 serving = 115 gm or 4 oz</p> <p>½ serving = 58 gm or 2 oz</p>
Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)^{5,6} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	<p>1 serving = ½ cup cooked or 25 gm (0.9 oz) dry</p> <p>½ serving = ¼ cup cooked or 13 gm (0.5 oz) dry</p>
Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)^{5,6} 	<p>Ages 1-2 = ¼ cup or 1/3 oz, whichever is less</p> <p>Ages 3-5 = 1/3 cup or ½ oz, whichever is less</p> <p>Ages 6-12 = ¾ cup or 1 oz, whichever is less</p>

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⁵Refer to program regulations for the appropriate serving size for meals served to children aged 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶Cereals may be whole-grain, enriched, or fortified.